



Permissions Handout

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"You have permission to rest. You are not responsible for fixing everything that is broken. You do not have to try and make everyone happy. For now, take time for you. It's time to replenish."
- Daily Inspirational Quotes

We are living with a new, consistent level of vulnerability with this pandemic. Attending to our emotional health is now more important than ever.

Ask yourself: **what do I need right now?** Identify what things might be getting in the way of taking care of yourself. Is it expectations of self or others? Is it hard to ask for help?

For some, the answers to these questions might be to stop and rest. For others, it might be to begin, to make a first step. Sometimes, it can be as simple as telling someone how they feel (simple doesn't mean easy, by the way).

Examples:

I give myself permission to not have all the answers.

I give myself permission to be afraid and anxious.

I give myself permission to just do one thing (instead of everything).

I give myself permission to say "no."

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____